

# Practical Strategies to Address the Challenges of Today's SCHOOL NURSE



Presented by **SANDRA MORITZ, M.Ed., BS, RN, CSN**

2010 Pennsylvania School Nurse of the Year, Exceptional School Nurse Trainer

## Specifically Designed for School Nurses, District Nurses and School Health Services Coordinators Serving Grades K-12

- **Apply the most up-to-date evidence-based research to better address "Today's Topics"** including cardiac arrests, concussions, asthma, allergies, diabetes, seizures, and the common injuries treated by school nurses
- **Respond with greater confidence to school emergencies** ... Review exemplary protocols and utilize the most up-to-date first aid treatments
- **Examine IHPS and emergency plans** for the major health concerns in students today
- **Strengthen your nursing team and communication skills** with parents and colleagues by understanding your nursing style
- **Avoid "school nurse burnout"** and keep passion for school nursing alive! Use proven wellness tips to stay healthy on the job
- **Reduce liability risks** with the latest, best practice in standing orders and nursing interventions
- **Receive an extensive school nursing practice resource handbook** with ready-to-use information, strategies and tools that will assist you in impacting student success on a day-to-day basis

### Nursing CEUs Available in These Locations:

Provider approved by the California Board of Registered Nursing, Provider #CEP 15144, for five (5) Contact Hours for RNs and LPNs. This approval is valid in the state of Pennsylvania.

\*\*APRNs in all states need to check with their credentialing agency to determine if this seminar meets the additional CEU requirements for their specialty area.\*\*

This seminar meets the requirements of the Massachusetts Board of Registration in Nursing listed in 244 CMR 5.00 for 6 Contact Hours.

## 2016 SCHEDULE

### Connecticut

**Hartford (Bristol) – April 27**

CT Five (5) Contact Hours Available  
with Prior District Approval

RI Five (5) Contact Hours Available

For MA Nursing, 6 Contact Hours Verification Available

### Massachusetts

**Boston (Woburn) – April 28**

Contact Hours Verification Available

For MA Nursing, 6 Contact Hours Verification Available

CT Five (5) Contact Hours Available  
with Prior District Approval

RI Five (5) Contact Hours Available

### New York

**Rochester – April 29**

(West Henrietta)

NY CPE Hours Verification Available  
with Prior District Approval

### Pennsylvania

**Harrisburg (Camp Hill) – April 25**

**Philadelphia – April 26**

(King of Prussia)

PA CPE Hours Verification Available  
with Prior District Approval

DE Clock Hours Available with Prior District Approval  
in Philadelphia

NJ Professional Development Hours  
Available with Prior District Approval in Philadelphia

*“Very informative  
content that is relative to my  
practice. I left with a lot of  
useful information to share  
with my district.”*

– HEATHER VERNER-HUSSMANN,  
SCHOOL NURSE

## Practical Strategies and Materials

If you are looking for the current, best ideas and resources to enhance your effectiveness as a school nurse, you will not want to miss this one-day seminar. During this intensive day, outstanding school nurse, **Sandra Moritz**, will share dozens of proven ways to more effectively address the speed bumps of school nursing to make your practice more efficient as well as safer from hazards and liability. Sandra will share numerous personal tips and practical ideas she has gathered throughout her extensive school nursing experience that will increase your effectiveness. Research and experience-driven ideas will help you create an atmosphere that reduces the stress from the varied challenges you experience in your role as a school nurse and student health advocate. You'll learn practical ways to more effectively address a variety of today's school health issues including pediculosis and bed bugs, managing *frequent flyers*, prioritizing care and avoiding medication errors.

***You'll leave this seminar with an extensive school nursing practice resource handbook as well as dozens of ideas you will be able to use immediately to enhance your practice as a school nurse.***



## Ten Key Benefits of Attending

- 1. Address Unsafe Practice Areas – Reduce Liability in Issues for Today's School Nurse**  
Use the latest strategies and ideas to address the common problems school nurses experience ... Strengthen and protect your nursing practice from undue risks
- 2. Utilize the Latest Perspectives on Standing Orders and Nursing Interventions in Your School Nursing Practice**  
Incorporate the best standing orders and nursing interventions in your practice to maintain common standards at all building levels ... Avoid the common pitfalls in school nursing which expose districts to liability
- 3. Utilize Current Best Practices to Deal with Life-Threatening Emergencies**  
Increase your confidence to manage critical emergencies in schools ... Be prepared from the 911 call to the ambulance "hand off"
- 4. Identify the Latest Products Available for Delivery of Care to Students**  
See the latest "tools of the trade" for the health office
- 5. Prioritize Care to Increase Safety in Your Practice**  
Work more effectively with parents and staff to deliver care to the most ill students ... Avoid "missing" important symptoms
- 6. Address the Challenges of Students with Somatization**  
Apply strategies of intentional interviewing to assist students in knowing when they need the school nurse
- 7. School Nurse Survival Tips to Stay Well in the Health Office**  
Stay healthy in your role as the school nurse ... Survival tips to avoid school nurse burnout and stress
- 8. Improve Collaboration and Communication with Your School Nurse Colleagues**  
Gain tips on how to improve collaboration and communication with parents and colleagues ... Understand how nursing styles contribute to leadership on your nursing teams
- 9. Recognize the Expanded Role of the School Nurse**  
Implement strategies to treat common conditions seen in the school nurse's office, including splinting and assessments
- 10. Receive a Detailed School Nursing Practice Resource Handbook**  
Each participant will leave this seminar with an extensive school nursing resource handbook filled with practical strategies, techniques, activities, and resources that can be used immediately in your school health office

# Outstanding Strategies You Can Use Immediately

## Here's What You'll Learn:

- **Practical ideas** that will increase your effectiveness as a school nurse
- **Critical information** and first aid tips on emergency care for school nurses today
- **What every school nurse must know** about sudden cardiac arrest and the Automated External Defibrillator (AED)
- **The essential knowledge to support school staff during field trips** including life-threatening allergic reactions and epinephrine
- **How to positively and effectively respond** to frequently visiting students and prioritizing care
- **Ways to maintain a common standard with your standing orders and nursing interventions**, including commonly used forms that will help standardize student health care across buildings
- **The essential principles** of creating a safe medication policy that conforms to your *Nurse Practice Act*
- **How to more effectively negotiate common speed bumps** in school nursing – address “biohazards” of the job
- **Effective leadership strategies** when working with a variety of nursing styles
- **Learn practical tips in dealing with common injuries** seen by the school nurse
- **How to recognize** the mysterious symptoms of Lyme disease
- **What's new in equipment** for the school nurse's office
- **Practical suggestions** to find your passions in school nursing and stay healthy on the job
- **Create fun health events** for your students and staff that will motivate them to adopt healthier lifestyles
- **Positive, proactive ways** of handling the “small nuisances” school nurses encounter daily
- **Methods to maximize the contributions** of your School Health Team Members by utilizing each of their strengths

“*Sandra is so informative! She is a wonderful speaker with a lot of great school nursing ideas.*”

— JULIE FERRON, SCHOOL NURSE



**To Register,  
Call Toll-Free**

**1-800-735-3503**

## A Message From Your Seminar Leader, Sandra Moritz



“ *I look forward to sharing my expertise with you and to learn of your experiences in our very unique practice of school nursing.* ”



### Bureau of Education & Research

915 118th Avenue SE • PO Box 96068 • Bellevue, WA 98009-9668  
Phone (800) 735-3503 • Fax (425) 453-1134 • [www.ber.org](http://www.ber.org)

Dear Colleague:

As school nurses, we are challenged daily in our school health offices with students and staff who have serious health concerns. As a school nurse with extensive experience in school nursing, I have had many opportunities to address a variety of school health issues. I have created this seminar to help you more effectively address these challenges and gain a new vitality as well as provide practical information for a progressive school nursing practice! School nursing is always in transition. To stay current in our role, standards of care and programs must reflect the latest information and requirements present in our jobs. I have picked topic areas that I believe are relevant, interesting and common speed bumps for school nurses. My love of teaching health has moved me to create fun and innovative programs that help motivate healthy behavior among students and staff.

Enjoy a day with other school nurses, learn new strategies to handle the challenges of our career and take some time to share practical ways to positively address our common issues. I look forward to sharing my expertise with you and learning of your experiences in our very unique practice of school nursing. We will examine together the speed bumps of health services and explore the standards for a consistent and safe practice. We can only meet the needs of our students and staff if we are taking the best care of ourselves. Wellness tips to avoid common burnout of health professionals will also be presented. My goal is that you leave this seminar feeling refreshed and better equipped to handle the stressors of our jobs.

Sincerely,

Sandra Moritz, M.Ed., BS, RN, CSN

P.S. You will receive **an extensive school nursing resource handbook** containing the above information and more!



# What Your Colleagues Say About Sandra Moritz

*"Sandra is **an excellent speaker**; knowledgeable and creative in her presentation of school nurse information. It is encouraging to be in an environment that allows school nurses to share their stories, techniques and suggestions."*

– Lynne DiLeo, School Nurse

*"**This seminar is very enlightening and appropriate** for the practice of current school nursing."*

– Lisa Stover, School Nurse, RN

*"Sandra kept my attention the entire time. **I enjoyed all of the up-to-date information** and appreciate all of the helpful ideas that I will use when I return to my school office."*

– Joy Johnston, High School Nurse

*"Sandra Moritz is **an excellent presenter**."*

– Donald G. Thompson, RN

*"Sandra is **inspiring and a wonderful speaker**. I feel re-energized!"*

– Barbara Timmermann, School Nurse, RN

*"I really enjoyed Sandra's stories and **practical insights**."*

– Patti Brunnert, School Nurse

*"This seminar **helped me step back and realize just how much we as school nurses accomplish every day**. The days can be stressful, but the rewards are great."*

– Tonya Oehler, School Nurse

*"**Great content and information** coupled with Sandra's energy and sharing her personal work experiences really added to this seminar."*

– Donna Scola, School Nurse

*"Ms. Moritz is **very dynamic and has a great attitude**. I look to her as a great example of school nursing."*

– Mary Smith-Elisca, RN, MSN

*"Ms. Moritz is **highly knowledgeable and well prepared**. I would highly recommend this seminar and look forward to attending future seminars by her!"*

– Nina Sutera, School Nurse

## Uniquely Qualified Instructor

**Sandra Moritz** is an outstanding, experienced school nurse and school nurse coordinator who brings extensive experience in addressing challenging school health issues. Recognized by Pennsylvania as the *2010 School Nurse of the Year*, she is a frequent presenter at state, regional and national school nurse conferences. Sandra is the author of *Practical Strategies to Address the Challenges of Today's SCHOOL NURSE*, the extensive school nursing practice resource handbook each participant will receive at the seminar. She is also the author of a variety of articles in journals regarding the best practices of school nurses. A passionate advocate of the importance of teaching students to be as healthy as possible, she is recognized as a pioneer in developing standing orders and protocols for school nursing and seeking out additional resources to support her school nursing teams.

**You'll leave Sandra's seminar with a renewed sense of energy and enthusiasm for school nursing and equipped with numerous practical ideas and insights to enhance the effectiveness of your own nursing practice.**



“ *Sandra is informative, inspiring and professional. This seminar is beneficial and I enjoyed the collaboration with all the other school nurses.* ”

— LORI ALFIERI, RDI CERTIFIED SCHOOL NURSE



## Online Learning

BER offers educators a wide range of online courses that are affordable, fun, fast, and convenient. BER is now offering On Demand Video-Based courses as well as Scheduled Instructor-Led courses. You also may earn optional graduate-level credits for most courses. See the catalog of available courses at [www.ber.org/onlinelearning](http://www.ber.org/onlinelearning)

## On-Site Training

Most BER seminars can be brought to your school or district. See the options at [www.ber.org/onsite](http://www.ber.org/onsite) or call 877-857-8964 to speak to one of our On-Site Training Consultants.

# Special Benefits of Attending

## You'll Receive an Extensive and Comprehensive School Nursing Practice Resource Handbook

You will receive an extensive resource handbook specifically designed for this seminar. It contains strategies, ideas and resources including documents, samples of forms and websites you can use in your school nursing practice.

## Materials on Display

These include sample nursing interventions and orders, resource books, manuals, and other materials related to health education.

## Meet and Share Ideas

This seminar provides a great opportunity for participants to meet and share ideas with other school nurses interested in enhancing their skills.

## Consultation Available

Sandra Moritz will be available at the seminar to answer questions about your own unique school practice needs.

## Semester Credit Option



One graduate level elective credit is available with an additional fee and completion of a follow-up practicum project. Details for direct enrollment with Brandman University, part of the Chapman University system, will be available at the seminar.

## Meet Inservice Requirements

At the end of the program, each attendee will receive a certificate of participation that may be used to verify hours of participation in meeting continuing education requirements.

Practical Strategies to Address  
the Challenges of Today's  
**SCHOOL NURSE**

**RESOURCE HANDBOOK**

by **Sandra Moritz**  
M.Ed., BS, RN, CSN



Bureau of Education & Research

## Can't Attend?

### Other Professional Development Options:

#### •))) Related Staff Development Audio Training

A related BER seminar, *Practical Strategies to Increase Your Impact and Enhance Your Practice as a SCHOOL NURSE*, presented by another school nurse, Rebecca Hudlow, is available on CDs with a comprehensive resource handbook at a cost of \$99.00 plus \$9.00 shipping and handling. To order, call toll-free 1-800-735-3503 (**Stock #A-XNY-1610**) or use the order form on the back page.

## FOUR EASY WAYS TO REGISTER:



**PHONE toll-free:**

**1-800-735-3503**

(Weekdays 6 a.m. - 6 p.m. Pacific Time)



**REGISTER ONLINE at:**

**[www.ber.org](http://www.ber.org)**



**FAX this form to:**

**1-425-453-1134**



**MAIL this form to:**

**Bureau of Education & Research**

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Bellevue, WA 98009-9668

## Who Should Attend

School Nurses, School Nurse Practitioners, District Nurses and School Health Coordinators, and School Nurse Administrators serving grades K-12.

## Program Hours

All seminars are scheduled 8:30 a.m. - 3:15 p.m.

Check-in 8:00 a.m. - 8:30 a.m.

## Fee

The registration fee is \$239 per person, \$219 per person for groups of five or more registering at the same time. Call us at 1-800-735-3503 for groups of ten or more. **Payment is due prior to the program.** No cash please. Fee includes seminar registration, morning coffee and tea, a personalized certificate of participation, and an extensive resource handbook.

## Cancellations/Substitutions

100% of your paid registration fee will be refunded if you can't attend and notify us at least 10 days before the seminar. Late cancellations can exchange for a certificate to attend another seminar or will be refunded less a \$15 service fee. Substitutions may be made anytime without charge.

## Further Questions

Call the Bureau of Education & Research (800) 735-3503 or visit us online at **[www.ber.org](http://www.ber.org)**. The Bureau is North America's leading presenter of seminar training for professional educators. Programs are based on sound research, are highly practical in content and consistently receive excellent evaluations.

## Meeting Sites and Hotel Accommodations

Seminars will be held at the following sites:

- Boston: Hilton – Woburn, (781) 932-0999
- Harrisburg: Radisson – Camp Hill, (717) 763-7117
- Hartford: DoubleTree – Bristol, (860) 589-7766
- Philadelphia: DoubleTree – King of Prussia, (610) 337-1200
- Rochester: R.I.T. Inn & Conference Center – West Henrietta, (585) 359-1800

If needed, please make your own hotel reservations by calling the appropriate hotel listed above.



## Possible Funding Sources:

Demonstration School funds, Parent Teacher Organizations, Inservice Training, and School Improvement funds.

## Program Guarantee

We stand behind the high quality of our programs by providing the following unconditional guarantee: If you are not satisfied with this program, we'll give you a 100% refund of your registration fee.



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## Practical Strategies to Address the Challenges of Today's SCHOOL NURSE

### Registration (XN16S1)

- ☐ 1. **Boston** (Woburn), **MA** – April 28, 2016
- ☐ 2. **Harrisburg** (Camp Hill), **PA** – April 25, 2016
- ☐ 3. **Hartford** (Bristol), **CT** – April 27, 2016
- ☐ 4. **Philadelphia** (King of Prussia), **PA** – April 26, 2016
- ☐ 5. **Rochester** (West Henrietta), **NY** – April 29, 2016

FIRST NAME M.I. LAST NAME

POSITION, SUBJECT TAUGHT GRADE LEVEL

SEMINAR LOCATION NUMBER: \_\_\_\_\_ (Please see list above)

*List additional registrants on a copy of this form*

SCHOOL NAME

SCHOOL MAILING ADDRESS

CITY & STATE

ZIP CODE

SCHOOL PHONE NUMBER

HOME PHONE NUMBER

( )

( )

*Registration confirmations are sent via e-mail.*

*If you would like a confirmation, please provide your e-mail address.*

E-MAIL ADDRESS

HOME MAILING ADDRESS

CITY & STATE

ZIP CODE

**IMPORTANT: PRIORITY ID CODE**

Fill in the six digit number on the mail label next to the word "ID"  
(even if the brochure wasn't addressed to you)

### FOUR EASY WAYS TO REGISTER:



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## Practical Strategies to Address the Challenges of Today's SCHOOL NURSE



### METHOD OF PAYMENT

**The registration fee is \$239 per person,**  
for groups of five or more registering at the same time, the fee is \$219 per person.  
**Payment is due prior to the program.** No cash please.

- ☐ A check (payable to **Bureau of Education & Research**) is attached
- ☐ A purchase order is attached, P.O. # \_\_\_\_\_  
(Be sure to include priority ID code on the P.O.)
- ☐ Charge my: ☐ MasterCard ☐ VISA ☐ Discover

Account # \_\_\_\_\_ Exp. Date: \_\_\_\_\_  
MO/YR

Please print name as it appears on card \_\_\_\_\_ Signature (required for credit card purchases) \_\_\_\_\_

CONFIRMATION # (If you are confirming a previous registration) \_\_\_\_\_

### CAN'T ATTEND?

- ☐ I'd like to order the CD version of the related seminar, *Practical Strategies to Increase Your Impact and Enhance Your Practice as a SCHOOL NURSE*, by Rebecca Hudlow, \$99.00 plus \$9.00 shipping (**Stock #A-XNY-1610**).